

IT'S ALL CONNECTED

DECEMBER 2017 / JANUARY 2018

100% CANADIAN SINCE 1982

ISSUE 316-317

common ground

FREE MAGAZINE

Site C dam threatens
BC government stability

Electoral reform
Decolonize voting system

Resilience, calm
and brain health

Word of the Year
COMPLICIT

**IMAGINE...
AND THE WORLD
WILL BE AS ONE**

Helping people attain optimum health.

cleanse • replenish • revitalize

Megahome Water Distiller



Patented Insoles

Radiant Health Sauna



Structured Water Units



Amethyst Bio-Mat



Forever Alkaline Water Stick Purifier

Who shops at Triangle?
People who want to transform their health

Springless Mini Trampoline



Kenrico Lifetime Ion Shower Head



SpinaliS chairs



The Real Champion of Juicers



New Designer Series Blender



250.370.1818 | 1.888.370.1818 | 770 Spruce Avenue, Victoria | www.trianglehealing.com

Triangle Healing offers an amazing range of well-researched products that enhance well-being!

JOY of the MOUNTAINS

Voted #1 Immune Product

For fighting colds, flus and numerous other infections, choose an Oil of Oregano your family can depend on. Joy of the Mountains is voted #1 by Canadian families year after year, because it works. An independent UBC antiviral study confirmed the superior performance of Joy of the Mountains: 2-4x more effective than other leading brands.* The difference? Oregano is all we do! We're committed to creating the very best, whatever the cost, no cutting corners. With today's virulent bugs, we all need a high-performing Oil of Oregano. Trust Joy of the Mountains when your health is on the line.



joyofthemountains.com

Available in natural health food stores, select grocery stores and pharmacies.

*Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. Journal of Applied Pharmaceutical Science 2012; 02(07) 214-18.

the BODY SOUL + SPIRIT expo

VANCOUVER
CROATIAN CENTRE 3250 COMMERCIAL DRIVE
FEB 2-4, 2018

EXPLORE • EXPERIENCE • ENLIGHTEN • EVOLVE

Come discover one of Canada's most unique event, the **Body Soul & Spirit Expo**— where communities come together to celebrate life and explore all the options for living a happier, healthier, more conscious and successful lifestyle. From ancient wisdom, healing arts awakening presences, embracing the raw food lifestyle, reducing your carbon footprints or discovering natural health— this show is an opportunity to connect and network with thousands of people. **Exhibits, Lectures, Workshops, Concert and much more**

**EXHIBITOR
OPPORTUNITY**
1-877-560-6830

**3 DAYS OF INSPIRING EXHIBITS, LECTURE, WORKSHOPS
AND EVENTS INCLUDING...**

JEFFREY ARMSTRONG

Vedic Astrologer, Founder of VASA – Vedic Academy of Sciences & Arts, best-selling author of numerous books including: *Spiritual Teachings of the Avatar*, *Ancient Wisdom for a New World*. Presents "The Alchemy of Relationships"



LYNN ANDREWS

Shamanic Healer, Icon of Women's Spirituality, and Best-Selling Author of "The Medicine Woman Trilogy", introduces the "Sacred Vision Oracle Cards" based on over 30 years of her teachings.



DR. MICEAL LEDWITH

Best-Selling author (multiple books) Featured in Movies "What the BLEEP do we Know" and "Down the Rabbit Hole" Present "Saving Jesus - Master of the Quantum Plane"



www.BodySoulSpiritExpo.com

1-877-560-6830

TRUEHOPE

Get empowered to
**Revolutionize Your
Mind & Body Health**
at an upcoming seminar:



JAN. 27,28 Victoria Health Show

Achieving Brain & Thyroid Health

- Improving Life Substantially!

DAVID STEPHAN

FEB. 2,3,4 Vancouver Body Soul
+ Spirit Expo

FEB. 17-18 Vancouver Wellness Show

Achieving Mental & Hormonal Well Being

- Embrace Your Journey to Health!

CELESTE STEPHAN



For over 20 years, Truehope has been on a mission to bless the lives of humanity by providing individuals and families with the knowledge and products necessary to substantially elevate their mental and physical wellbeing. Despite the intense opposition that has resulted from setting a new standard in achieving brain health...Truehope continues to press forward, ensuring that Canadians have easy access to health supplements that are transforming lives. Whether it be for overcoming a mental health diagnosis or simply improving the function of the brain and body, Truehope is committed to empowering you to live a more fulfilling, drug free life.

Available at a fine supplement retailer near you!

For more information on the upcoming seminars and the Truehope products, follow us at [@truehopecanada](https://www.truehopecanada.com) and/or visit truehopecanada.com

common ground

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Accounting - Maggie Si
Layout & Production - perubluesky.ca

Contributors:

Marie Aspiazu, Alan Cassels, Fiona Douglas-Crampton,
 Paul George, Damien Gillis, Isabelle Groc, Rick Stanton
 Hanson, Bruce Mason, Mac McLaughlin,
 Vesanto Melina, Gwen Randall-Young, David Suzuki

Editorial & Distribution Inquiries

Tel. 604-733-2215 Toll Free 1-800-365-8897
 Fax 604-733-4415
 Sonya Weir editor@commonground.ca

Advertising & Resource Directory

Joseph Roberts | Tel. 604-733-2215
 joseph@commonground.ca

Sonya Weir | Tel. 778-227-2939
 editor@commonground.ca

Events listings: editor@commonground.ca

Classifieds: editor@commonground.ca

Publications Mail Agreement No. 40011171
 Return undeliverable Canadian addresses to
 Circulation Dept., Head office
 ISSN No. 0824-0698

Head Office

Common Ground Publishing Corp.
 3152 West 8th Ave.
 Vancouver, BC V6K 2C3

Reach Common Ground's great audience

Over 250,000 readers per issue.
 Survey shows 3 - 4 readers/copy, plus online at
 www.commonground.ca and our Facebook link.

100% owned and operated by Canadians.
 Published 12 times a year in Canada.

Annual subscription is \$75 (US\$75) for one year (12 issues). Single issues are \$6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

Printed on recycled paper with vegetable inks. All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from *Common Ground*. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

features

- 5 **Why approving Site C could sink NDP**
Damien Gillis
- 6 **Free your vote 2.0**
Paul George
- 8 **Blood supply donors and privateers**
Alan Cassels
- 11 **Complicit – 2017's "Word of the Year"**
Bruce Mason
- 21 **Grow an unshakable core of calm, strength & happiness**
Rick Stanton Hanson interviewed by
Fiona Douglas-Crampton



War is Over vs. or Are We Complicit?

This edition went to print on December 8th, the same day John Lennon was assassinated in Manhattan, NYC, 37 years ago. Murdered with a gun.

Common Ground's cover read "Its All Connected".

Just days before going to press, the Queen of England smacked an expensive bottle of booze on the side of a brand new super costly aircraft carrier named Queen Elizabeth. Along with its sister ship the Prince of Wales, it cost £6.2 billion. These giant floating air bases are designed to support more wars. They are deployed in the Middle East and the Pacific where they will facilitate interventions in Iran, North Korea, Syria and the horn of Africa. One snag is that they don't have aircraft at the moment, and won't until 2021. Even then, the ships will not have their full complement because each F35 fighter costs £100m.

Meanwhile, British cities are filled with homeless people, food banks are increasing, and inequality has reached record levels. Corporate owners with the help of their sponsored politicians will gladly take the billions from the somewhat rich, middle class and poor to rain terror down on some other unfortunate country's somewhat rich, middle class and poor.

Henry L. Stimson who chose the targets for the atomic

bombing of Japan, wrote about the reality of this madness in 1947: "As I look back over the five years of my service as secretary of war, I see too many stern and heart rendering decisions to be willing to pretend that war is anything else than what it is. The face of war is the face of death; death is an inevitable part of every order that a wartime leader gives."

So whatever mask our politicians want to paint over the manufacture, export and use of weapons, they are all COMPLICIT – though if you run an air force you are not called a terrorist. The conspirators that dropped bombs on Hiroshima, Berlin, London, Canterbury, Iraq, Libya, or Syria are not called terrorists on the evening news. And now, Canadian-manufactured armoured and weaponized vehicles, contracted by the Harper and approved by the Trudeau governments, are striking terror into the hearts of people in Yemen. Simply put, these machines are killing civilians. Humans written off as collateral damage in the continuing unholy quest for oil, power and money. For too long Canada has been doing the bidding of other people's wars. Let us no longer be blind to this reality. Once again there is no way to peace, peace is the way. We will no longer be COMPLICIT. We will no longer be deceived.

in every issue

CULTURE

- 16 Copyright in the new TPP
INDEPENDENT MEDIA
Marie Aspiazu

ENVIRONMENT

- 16 Democratic change and climate change
SCIENCE MATTERS
David Suzuki

HEALTH

- 13 Our munching munchkins
NUTRISPEAK
Vesanto Melina

PSYCHOLOGY

- 15 Be the change you want to see
UNIVERSE WITHIN
Gwen Randall-Young

STAR WISE

RESOURCE DIRECTORY

EVENTS

CLASSIFIED



Why approving Site C could sink NDP

by Damien Gillis

photo: Diane Perry

It's getting down to the wire for the NDP-led government to announce its decision on Site C Dam. The corporate media and some big guns for labour have been making a sales push to throw the beleaguered project a lifeline and many fear they could succeed. That would be the biggest mistake the NDP could make. They didn't create this monster, but they will own the consequences if they keep it alive.

There are three reasons given for carrying on with Site C: 1. We'd be throwing away four billion if we killed it; 2. We'll eventually need the power; 3. The jobs!!! All of these are bogus and the cost of getting this wrong, for ratepayers and taxpayers (YOU), is astronomical.

A bottomless hole

Even if you buy the overstated remediation costs for the project, even if you accept the far-fetched premise of \$4 billion lost (experts like the head of the Site C Joint Review Panel peg it closer to \$3 billion), you'd have to consider the cost of *not cancelling* Site C. For once, let's be frank. Even the BC Utilities Commission, when it found the project could easily exceed \$10 billion, even go as high as \$12.5 billion (up from Hydro's estimate of \$5 billion-6.6 billion in 2007), wasn't fully appreciating how bad this could get.

Just look at Newfoundland's yet unfinished Muskrat Falls project, estimates for which have more than doubled from \$6.2 billion to \$12.7 billion. At \$6.7 billion spent, many there say it's past the point of no return (familiar), but Site C isn't nearly that far along, so it should be viewed differently. The net result for Newfoundlanders will be an additional \$150 a month in elec-

trical costs per homeowner – forever! Newfoundland has a smaller population to absorb its cost overruns, but we've got our own share of problems to compound the damage from Site C. Think of the lawsuits from First Nations whose treaty rights are being undeniably violated (while both the provincial and federal governments tout UNDRIP – i.e. they know better).

But the biggest issue is the shaky ground on which the project is being built – literally. Way back in 2009, I interviewed a longtime farmer in the region, Dick Ardill. His family has been in the Peace going back as far as mine, the Beatties, who lost their ranch to the first big dam there, WAC Bennett. Dick must have been well into his eighties when I spoke to him, with a lifetime of practical knowledge of the soil and slope stability in the valley.

He told me then the biggest reason not to build the project was the unstable land. He'd seen firsthand the Attachie slide of 1973 and many others over the years. The mixture of shale, clay and alluvial soils made for an awful place to put an earthen dam.

Slumping around the Williston Reservoir, circa 2008

The 80-kilometre section of the valley, from Hudson's Hope to the foot of Fort St. John, where Site C was proposed was in some ways worse in this respect than where the Bennett Dam and Williston Reservoir were built (the Williston gobbled up far more land than originally contemplated, due to slumping, including my grandfather's property above the planned reservoir). Granted, the Williston Reservoir behaves differently than would Site C, which is more a massive run-of-river

project than a storage reservoir with large swings in water levels, but a 1991 report by geologist Norm Catto for the Ministry of Energy and Mines had this to say about the eastern Peace Valley, which includes the area where the dam itself is proposed:

"Thus, all of the major terrain units present in the eastern Peace River region are subject to slope failure. Extreme caution should therefore be observed in any effort to exploit or utilize river valley slopes."

This report appears to have been ignored by Hydro in evaluating Site C.

Cracks in the dam

Flash forward to the tension cracks formed around the dam site and the hundreds of millions of dollars of cost overruns already attributable to these very stability issues and you see that old Dick knew what he was talking about. And here's the thing: there's no bottom to this problem. Like a highly leveraged 2008 stock deal, we have no idea how deep this hole gets. Ten billion? How about 15? Or 20?

If everything went perfectly according to plan (the opposite of what has happened thus far), Hydro intended to have the dam paid off by 2094! That's now blown, so what are we talking? 2120? 2150? How many generations of your descendants will be paying for this mistake? And what's the interest on \$20 billion amortized over a century, at much higher interest rates than we currently enjoy? (The BCUC rightly chastised BC Hydro for assuming low rates in perpetuity). In other words, what's the real cost of this project? I could take a stab and say \$60-80 billion, and you could say that's just a wild-eyed guess. Then I would reply, "Exactly – I'm using BC Hydro's methods." (For the sake of argument, though, at a rate of 5%, \$20 billion, paid off over 100 years, comes to roughly \$100 billion in principal and interest. Just sayin.)

Oh, and remember the NDP wants to do all this while freezing Hydro rates. LOL! If they're serious, they'll have to raise taxes or make massive

continued p.10...



cartoon by Jonathan Ramos

Free your vote 2.0

Giving the people of B.C. the power to decide **how we vote**

by Paul George

“Your input will help shape the future of our democracy,” declares a November 17 BC government press release. The release announces the BC government has introduced legislation to hold a referendum in the fall of 2018 through a mail-in vote that will ask voters to decide whether BC should keep our current voting system (First-Past-the-Post) or move to a system of Proportional Representation. <https://engage.gov.bc.ca/howwewote/>

It also introduced a public engagement process with feedback via an online questionnaire to help shape the referendum. Public input ends on February 28, 2018 at 4PM, after which the input will be compiled into a report by the Ministry of Attorney General and made public.

But before the government’s process was even launched, the BC Liberals were vigorously fighting against any electoral reform. Why? Why not give the process and ultimate proposal a fair hearing?

The Liberals had a different tack after they won the 2001 general election. That election blatantly illustrated the unfair results that a first-past-the-post voting system can deliver in multi-party democracies. The Liberals, with 57% of the popular vote, elected 77 MLAs, a whooping 97.5% of the seats in the legislature. The NDP, with 21.5% of the vote, won just two seats (Joy MacPhail and Jenny Kwan). The upstart Green Party, with 12.4% of the popular vote, got no seats, no representation and no chance to present its ideas in the legislature for debate.

Nearly everyone, including Campbell, realized election results like that aren’t good for democracy and so he created the Citizens’ Assembly On Electoral Reform to come up with a fairer voting system to put to the electorate for a vote.

Unfortunately, the Citizen’s Assembly did not deliver an alternative that voters supported. Under the tutelage of two political scientists who were experts in a system called Single Transferable Vote (STV), a system used only in Malta, Ireland and certain jurisdictions in Aus-

tralia, the Assembly voted to adopt STV and worked to craft a tailor-made version suitable for BC.

STV systems are inherently complicated. They are characterized by multi-member ridings, with voters ranking their candidate preferences and a ballot tallying system that redistributes an elector’s votes when their more preferred choices meet defeat. Computers are used to determine who is elected in a timely way.



The voters at the time truly did support the Citizens Assembly. It was an innovative and exciting process involving people just like them. But there was no way they could have understood the system they voted “yes” for. There were no details. The made-in-BC STV system had not yet been designed.

BC’s 2005 provincial election included the first “Yes” or “No” referendum question on STV: “Should British Columbia change to the BC-STV electoral system as recommended by the Citizens’ Assembly on Electoral Reform?” 57.7% of the voters said yes, but unfortunately it wasn’t enough to overcome the 60% super majority passage imposed by the BC Liberal government at the onset of the Assembly.

The voters at the time truly did support the Citizens

Assembly. It was an innovative and exciting process involving people just like them. But there was no way they could have understood the system they voted “yes” for. There were no details. The made-in-BC STV system had not yet been designed.

To their credit, the Liberal government gave BC voters another chance to adopt the STV system in the 2009 provincial election. Between the two elections, the made-in-BC STV system was developed and a map of the proposed new ridings was circulated.

In the 2009 STV referendum, voter support plummeted. Why? Most political pundits figure it was because the devil was in the details. It was a complicated system. Electoral districts had varied numbers of MLAs. Some had seven; others (in the north) only two. Voter choice and the chance for representation varied as to where a person lived, which some perceived as not entirely fair. Some BC voters did not like the idea of ranking a long list of candidates. Some didn’t understand how voters got “transferred” and didn’t like having to trust a computer to tell them the results. This time, voters soundly rejected the Citizens Assembly’s recommendation. Only 39% voted for BC STV. But the rejection of STV did not necessarily mean voters didn’t support electoral reform and a fairer voting system for BC.

What the Citizens of the Assembly proposed and what BC voters wanted were at odds. This was even known by some Assembly members before they decided on STV.

Prior to choosing which electoral system to propose for BC, the Citizen’s Assembly had narrowed their options to STV and one other proportional representation system: Mixed Member Prepositional (MMP). Used in Germany and New Zealand, MMP systems give voters two votes: one for a local representative for their riding, just as we do today in BC and a second vote for their party of choice. After the votes are tallied, if a party does not get its fair share of seats through the vote for local representatives, the party’s seats are “topped up” so the

percentage of the popular vote that a party gets equals its share of seats. The method to “top up” seats varies. It is most commonly from a ranked list of candidates provided by each party, but it could be based on the top “vote-getters” that didn’t get elected from each party.

Interestingly, one of the Assembly members independently went out on the street to test sample ballots representing the two different voting systems. He found that people overwhelmingly liked the MMP ballot better.

When the Citizen’s Assembly held meetings in 50 communities around the province seeking public input on a new voting system for BC, more than 80% of all those who showed up expressed their preference for a MMP system.

In the light of this, why did the Citizens Assembly choose STV?

One of the professors assured Assembly members they could decide independently of public input because they themselves were a random sample representation of the whole province. He also implied they could ignore much of the public input because it was “politically” initiated. Although Adriane Carr, then Leader of the BC Green Party, in the year prior to Campbell establishing the Citizen’s Assembly, had previously personally sponsored an Initiative under the BC Recall and Initiative Act to hold a referendum on whether or not to adopt an MMP system, it was apolitical. Her Initiative garnered almost 100,000 signatures, not enough to be a

success, but enough to widely educate the public.

I believe that what BC voters want and will readily adopt is a simple, easy-to-understand, inexpensive-to-implement and familiar-way-to-count-vote electoral system where a party’s percentage of popular vote translates into the same percentage of seats in the legislature and the vast majority of electors’ votes end up actually electing MLAs to the BC legislature – a made-in-BC MMP system.

I’ve improved on the system originally proposed by Adriane Carr (now a Vancouver City Councilor) in her Citizen’s Initiative, making it simpler and removing some elements, like a party “top-up” list, that were controversial in her 2002 Initiative bid.

1. Electoral Districts (ridings) stay the same – in number and geography – as they are today. No need for redistribution.

2. Voting for MLAs to represent electoral districts is carried out exactly as it is done today through the familiar first-past-the-post system.

3. A second vote for “Which BC political party do you support?” is made from a list of registered BC political parties printed on the ballot. This vote is counted province-wide to determine each political party’s popular support.

4. To be eligible to have representation in the legislature, a party must exceed a threshold of 5% of the popular vote. This is the same as in New Zealand and Germany.

5. Up to 15 extra MLAs are added to the legislature to achieve as close as possible a fair proportional representation for those parties that exceed the 5% threshold of support required, but elect less than their fair share of MLAs based on their party’s percentage of popular vote.

6. The 15 “top up” MLAs (or less) as needed to most fairly adjust to achieve proportionality are selected from that party’s unsuccessful candidates in that provincial election ranked by the candidates’ vote, from highest vote to lowest. (Note: many candidates who don’t win achieve a very near-to-winning vote in an electoral district.)

While having only 15 extra MLAs – easier to accommodate in BC’s current legislature chambers – will not always result in a fully proportional Legislature, almost all the time it will. I can only think of one election that was so skewed, that 15 extra MLAs wouldn’t be enough to correct the imbalance and that was the 2001 election, which started the whole process of considering a Proportional Representation voting system for BC. ■

Paul George is a Canadian environmentalist living in Gibsons, BC. He is married to Adriane Carr, former leader of the Green Party of British Columbia. He cofounded the Western Canada Wilderness Committee and was the first recipient of the BC Spaces for Nature Wild Earth Award. He is the author of **Big Trees, Not Big Stumps**, a history of the Western Canada Wilderness Committee.



Bio-Hack Your Health

Kick Start the New Year!

Brain Gut Connection • Building Super Kids • Pain Management
Movement • Fitness • Meditation/Yoga • Aging Without Suffering
Healthy Home • Healthy Pets • Healthy Life

**INFORMATIVE SEMINARS,
DEMONSTRATIONS, SAMPLING,
DISCOUNTS AND LOTS OF PRIZES!**





VICTORIA

HEALTH SHOW

JANUARY 27TH & 28TH
PEARKES REC. CENTRE
SAT. 10AM – 6PM & SUN. 10AM – 5PM



CALGARY

HEALTH SHOW

FEBRUARY 3RD & 4TH
STAMPEDE PARK, BMO CENTRE, HALL D
SAT. 10AM – 6PM & SUN. 10AM – 5PM

thehealthshows.com or 1-888-999-1761



Drug Bust Alan Cassels

HEALTH

Blood supply donors and privateers

Not all provinces are on-board with selling blood for profit

I get a regular phone call that I won't answer. I know what the caller wants and I'm not willing to get into a discussion about why I don't want to talk to them. The caller? Canadian Blood Service (CBS), an organization whose sole mission is to collect blood donations to meet the health needs of Canadians, a huge, vital service that depends on volunteers like me.

Last year, I got a nice little certificate from the Canadian Blood Service honouring me for my "generosity and commitment to helping others" in recognition of the 50 blood donations I've made over the last decade or so. The bargain always felt good: as a donor, I give them a pint of the red stuff, "the gift of life," and, in return, I get some juice and a few cookies. But, for now, I've taken a hiatus. Let's call it a one-man boycott.

In Canada, over the last few decades, we've seen the slow privatization of many things related to healthcare. Each time, when the moneylenders are let into the temple, a little bit of our public healthcare system dies. We are now seeing the beginnings of the privatization of our blood supply. Not quite blood, per se, but a component of blood: plasma. Plasma is the clear, yellowish liquid part of blood that remains after you've removed

the red and white blood cells and platelets. Plasma is essential for delivering proteins for blood clotting and fighting diseases. It helps treat hemophilia, shock and trauma. It is also made into products, such as drugs to treat bleeding disorders and immune deficiencies. And that's what has the moneylenders mighty interested.

An Iran-based pharmaceutical company called Canadian Plasma Resources has already set up plasma donation centres in New Brunswick and Saskatchewan and they want to set up more. The argument they give is that Canada needs to move towards self-sufficiency in blood products. Canada is currently 100% self-sufficient in fresh plasma, however, for the stuff needed to make plasma-based drug products, we currently import about 70% of those products from the US. The key difference between Canadian Plasma Resources (CPR) and the Canadian Blood Services is the plasma folks are a for-profit company and they pay donors to donate their plasma, which you can do about every two weeks. Once you've passed the initial screening, every donation you make will earn you a \$50 VISA-card type reward. The company then turns that plasma around and makes plasma-based pharmaceuticals out of it, which they can then sell to other countries or

back to Canadians. Sounds good, right?

There are many reasons some think allowing for-profit plasma donations in Canada is just plain wrong. In fact, it is indefensible. We've just celebrated the 20th anniversary of the Krever Inquiry on Canada's notorious tainted blood scandal where over 2,000 Canadians contracted AIDs and another 30,000 or so got Hepatitis C from tainted blood. That report was a damning indictment of the way blood was screened and distributed in Canada and showed how good, old government incompetence, ass-covering and unaccountability conspired to kill and injure Canadians. But what have we learned? One of the key recommendations of the Krever report was that Canada should maintain a volunteer-only blood system in order to have a safe and guaranteed supply of blood and blood products.

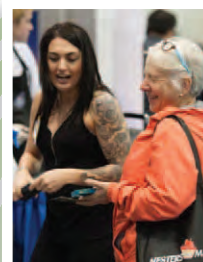
Yet 20 years later, we see the Canadian government granting licenses to a private company so they can expand their private plasma drug business. In November, a shocking, in-depth article in *Macleans* magazine drew heavily from an 800-page freedom-of-information request and showed the extent to which our regulator – Health Canada – is trying to open the doors to the moneylenders. That article, examining correspon-



THE
WELLNESS
SHOW

finding balance

"All your healthy lifestyle needs for body, mind + spirit under one roof"



2 days
only!

February 17 & 18, 2018

Vancouver Convention Centre, East Building, Exhibit Halls B & C

Exhibits, Seminars, Cooking Demos, Prizes & New Features

www.thewellnessshow.com

event information 604.983.2794

The 26th Annual Wellness Show

Cutting-edge presentations on today's most pressing health and wellness issues. Some of Canada's top chefs and cookbook authors will host healthy cooking demonstrations. Fitness gurus will show us the latest trends on staying fit. More than 200 exhibitors will be displaying products and information related to fitness, nutrition, recreation and traditional, complementary, alternative and spiritual health.

Organic Marketplace Sponsored by:



Presenting Lounge Sponsor - Traditional Medicinals:



Presenting Sponsor of The Bodhi Meditation Garden:



Media Sponsors:



dence between CBS and Health Canada, clearly showed Health Canada has been colluding with this company and essentially helping them establish their private blood donation clinics in Canada. Some provinces have responded by banning for-profit private blood donation clinics (Quebec, Ontario and Alberta so far), but that hasn't stopped the other provinces from being courted.

One of the key
recommendations of the
Krever report was that
Canada should maintain a
volunteer-only blood system.

Many people have argued that the for-profit system won't be as safe as the purely voluntary system we have now, a position staunchly defended by the Canadian Blood Service, which maintains the blood Canadians voluntarily donate is so thoroughly screened, another tainted blood scandal is highly unlikely. Even though the level of blood screening is more thorough than perhaps 20 years ago, the safety of our blood supply is not the biggest issue. The bigger danger is that the volunteer aspect of our blood supply now has to compete with for-profit companies that pay donors.

The CBS already collects plasma and has seven voluntary donor plasma

collection sites, but how long will they last when they have to compete against a private company setting up clinics near universities, luring students who need a few bucks? Adrienne Silnicki with the Canadian Health Coalition told me, "We have evidence that, in Saskatoon, CBS has seen a reduction in donations from their target demographic 17-24 year olds." In other words, the worry that for-profit clinics will steal blood that volunteers would otherwise donate is justified.

CBS, in a letter to *Maclean's* magazine, cited the example of Hungary which has seen its voluntary service drop off after the for-profit plasma organizations set up shop.

Publicly, the CBS has warned Health Canada and provincial governments they shouldn't be allowing private collection of blood products, yet those requests seem to be falling on deaf ears. This has led groups like the Canadian Health Coalition and BloodWatch to start a campaign to oppose any expansion of for-profit plasma centres. In their press materials, they say our plasma will be sold overseas and once that happens, because of international trade deals, "We will not be able to safeguard and store Canadian plasma for Canadian use even in the event of a blood borne virus which may affect the international plasma supply."

Adrienne Silnicki reminded me the Canadian Health Coalition's mandate is to protect and expand public healthcare so they are naturally opposed to these for-profit clinics. The company, however, is blasting ahead. Apparently, they

need 10 Canadian clinics to be profitable and are currently proposing a new clinic for Saint John in New Brunswick.

What can the feds do? Well, at the very least, the regulators can, well, regulate. The federal government can revoke the establishment licenses of these clinics and refuse to issue any new ones. But will this happen?

What was so appalling in the *Maclean's* article was how "cosy" the relations were between the Canadian Blood Services and Canadian Plasma resources. Adrienne Silnicki called it a "disgusting cosiness," noting, "We're obviously very concerned about it."


CBS immediately sent a letter to *Maclean's* slamming the magazine for "fostering panic over unfounded safety concerns." But why didn't they slam Health Canada for mismanaging this file? Their response seems to be to just increase the amount of voluntary plasma donations they can get. Seems they have convinced the provincial health ministers to go along with that plan. A health minister meeting in Edmonton in October resulted in a consensus statement

stating, "Immediate action is needed to improve and expand domestic plasma collection." Good luck on that front.

This isn't good enough for me. If the Canadian Blood Service wants to keep the voluntary blood donation system going, they will have to play hardball with the regulators in Canada and tell them, in no uncertain terms, that the viability of our voluntary blood system is in jeopardy.

Will this happen? Hmm, good question.

We have seen on the pharmaceutical file that Health Canada seems to think its job is to protect companies and not patients, so don't expect them to crack down anytime soon on the moneylenders. Not unless they get the right pressure. It's too bad CBS is caught in the middle, trying to be nice. But let's face it, they're cowards.

In the meantime, I'll do without the cookies and the juice while they'll have to do without my blood. 

Alan Cassels is a pharmaceutical policy researcher in Victoria. www.alancassels.com



Nature's Potent Panacea for People and Pets.
Powerful healing for skin problems, stomach and respiratory upsets, parasites, ticks, fungal infections, bacterial/viral infections, immune function and much more. Certified Organic. Your best friend deserves it.
Available at fine health food stores. Learn more at www.wildoiloforegano.com



Order your Certified Organic Turkey For Christmas

Call Today **604.215.0050**  **PASTURE TO PLATE**
PEOPLE • ANIMALS • HEALTHY SOILS

1420 Commercial Drive | www.pasturetoplate.ca



For the last decade, our population has been growing; we've been building bigger houses and acquiring more gadgets, but our power consumption has remained flat. Is it so wild a concept that 10 or 20 years from now the same thing could be true?

cuts to social services. They can't have their cake and eat it too.

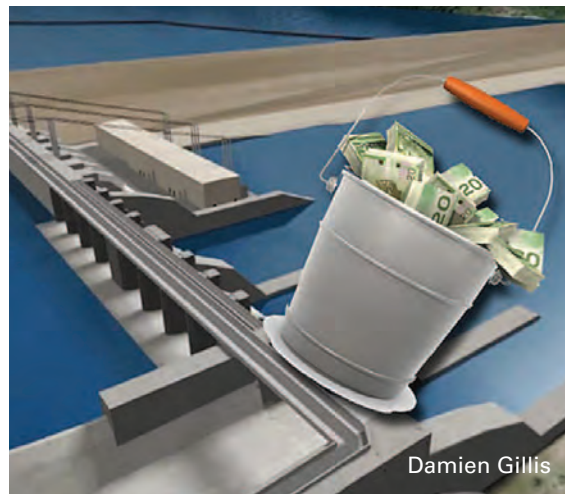
According to Moody's, the single biggest threat to our Triple-A credit rating is BC Hydro-related debt. In other words, Site C – piled atop all the sweetheart private power contracts and financial blunders the crown corp committed under the Liberals' direction – will cost us our rating. Then up goes the province's cost of borrowing – for *all* our debt – and the house of cards comes

tumbling down. We're worried about (at *most*) \$4 billion in sunk costs, remediation and cancellation fees? Chump change!

But that's not the worst of it. Dr. Vern Ruskin (PhD, MCom, BSc, Retired PEng [BC]) warned the BCUC of serious safety concerns, partly due to the above stability issues around the dam site. Dr. Ruskin is no less than the former director of BC Hydro's planning division, responsible for planning, designing, budgeting and contracting more than 10 dams in BC, including WAC Bennett, Peace Canyon and Site C in its early stages. Among other things, Dr. Ruskin warned that changes made in 2011 to the original dam design pose increased risk of dam failure, as do these recent tension cracks and the instability they suggest.

The BCUC did not consider these concerns of Dr. Ruskin because dam safety was outside of the terms of reference for its review. But there is no reason the NDP-led government should ignore Dr. Ruskin. The

enormous consequences of a dam failure – potential human injury and loss of life, widespread property damage – would make these financial concerns seem trivial by comparison.



"We'll eventually need the power"

Here's a thought: For the last decade, our population has been growing; we've been building bigger houses and acquiring more gadgets, but our power consumption has remained flat. Is it so wild a concept that 10 or 20 years from now same thing could be true? Our gadgets are getting more efficient, our building codes more

stringent and we've seen an exodus of heavy industry, which once consumed a third of our total electricity. Wait, are we stopping raw log exports tomorrow? Did I miss the memo about a whole bunch of pulp mills reopening? Are there dozens of new mines breaking ground this year? Will BC defy global economics and magically produce an LNG industry after all the years of failure?

continued p.20...

T&T SPIRITUAL & WELLNESS CONNECTIONS PRESENTS

7th Annual T&T
Spring

WELLNESS FAIR

GET IN TOUCH

E-MAIL INFO@TANDTVANCOUVER.COM
WEBSITE FAIR.TANDTVANCOUVER.COM



LOCATION

POIRIER FORUM
633 POIRIER ST, COQUITLAM

DATE & TIME

FRI MARCH 30TH 4PM TO 9PM
SAT MARCH 31ST 10AM TO 6PM
SUN APRIL 1ST 10AM TO 5PM

FEATURING

DEMONSTRATIONS SEMINARS
MINDFUL WELLNESS VENDORS
ARTWORK HOLISTIC HEALTH
JEWELRY FOOD TRUCKS



TANDTVANCOUVER.COM



[FACEBOOK.COM/TANDTVANCOUVER](https://www.facebook.com/TANDTVANCOUVER)

Complicit

2017's "Word of the Year" defines our future

For the vast majority, the future isn't what it used to be. The inevitable reckoning and consequences, still unscripted, will be Shakespearean in scope and proportion. "To be, or not to be" *really* "is the question" right now.

And "All the world's a stage... all the men and women merely players" is a fact of daily life, and death. We all have new roles and lines to learn for this looming, real-life epic. There are no exceptions and for better, or for worse, very few choices.

Warning: Canadian Microsoft researchers recently determined people now lose concentration after eight seconds, down from 12 since 2000 when our digitalized lifestyle began. The average attention span for the notoriously ill-focused goldfish is nine seconds.

Keep KISS (Keep It Simple, Stupid) in mind and a single Word of the Year (WOTY) in hand to help clean up our act. Dictionary.com has selected: "Complicit" as this year's WOTY. It is defined as "Choosing to be involved in an illegal or questionable act, especially with others; having partnership or involvement in wrongdoing... to be responsible, at some level, even if *"indirectly"* [emphasis added].

In last December/January's issue, *Common Ground* focused on Oxford Dictionary's 2016 WOTY "Post-truth." It has stood up and stood out in the interim, ubiquitous on its own, and in synonyms such as "fake news" and "lies." In fact, Collins Dictionary just recently put "fake news" on top for 2017.

But "complicit" is more significant in reflecting the ethos and capturing the zeitgeist of our time, attracting more interest and provoking much conversation. In 2017, we looked complicit up, on-line, at a rate of 10,000% more than the previous year.

The first spike in searches was on March 12, the day after a *Saturday Night Live* satirical ad featured an Ivanka Trump look-alike hawking "Complicit, the fragrance 'for the woman who could stop all this, but won't.'" In a glittery gold dress, the fake first daughter was tagged: "She's beautiful, she's powerful, she's complicit."

The next spike on April 5, up more than 11,000%, followed a TV interview with the real Ivanka Trump.

When asked if she and husband Jared Kushner were complicit in her father's actions, she responded, "If being complicit is wanting to be a force for good and to make a positive impact, then I'm complicit."

A few days later, the mother of all spikes occurred, when an outed, Ivy-league-educated, Ivanka, mouthed, "I don't know what it means to be complicit."



"Our choice for Word of the Year is as much about what is visible as it is about what is not," explains dictionary.com's Jane Solomon. "It's a word that reminds us even inaction is a type of action. The silent acceptance of wrongdoing is how we've gotten to this point."

This 2017 WOTY had many other moments, including US Senator Jeff Flake's unexpected retirement. "I have children and grandchildren to answer to, and so, Mr. President, I will not be complicit," he explained, citing a "flagrant disregard for truth or decency," adding, "It is time for our complicity and our accommodation of the unacceptable to end."

We have been complicit in speech and action and also when we remained silent. The cultural and political landscape – and the very landscape itself – demanded answers to not only what complicit means, but also what it means to be complicit.

And we turned to dictionaries. No one knows definitively what sends us looking for word meaning, but lexicographers report it's a combination of seeking

definition and searching for inspiration and emotional reinforcement. These quests, online, now show up in ongoing, digitally trending big data.

Complicity hit every hot button, globally. Touching everything from Russian collusion, to mass murder, opioids, Site C, Syria, the evil oil industry, extreme weather, humanity's role in planetary implosion, obscene growth in inequity, normalized hate speech and groups and myriad other results, enabled through the collective 'turning a blind eye.'

"Our choice for Word of the Year is as much about what is visible as it is about what is not," explains dictionary.com's Jane Solomon. "It's a word that reminds us even inaction is a type of action. The silent acceptance of wrongdoing is how we've gotten to this point."

Refusing was "a grounding force of 2017." Five million stood in the worldwide Women's March. Dozens of professional athletes knelt in anthemic protest against systemic injustice. The most impactful, far-reaching F**k You ever. Personal stories of sexual harassment and assault with the hashtag #metoo, finally gaining traction against age-old foundations of white male hierarchy, right down to micro-fiefdoms.

What does it mean to be complicit? Silent? Processing our current, globally existential question requires questioning our own behaviour, including co-dependency. Who knew what, when? Could I have spoken out? Did I go along because it was the path of least resistance?

Some silence, of course, is essential to self-preservation. And sometimes speaking out is a privilege unto itself. Not everyone's voice is heard, after all. But refusals to accept the reprehensible, the repugnant and the questionable, transform apocalypse fatigue into action.

How tragic, absurdly comic or happy we make 2018 is down to us – most definitely down to our resistance. Last word on this most useful 2017 WOTY, to dictionary.com lexicographer Solomon: "We must not let this continue to be the norm. If we do, then we are all complicit."

Bruce Mason is a Vancouver and Gabriola Island-based banjo player, gardener, writer and author of *Our Clinic*.

common ground still needs you



**We are grateful for the first wave of support from you.
Thank you for your help and inspiring words:**

Thank you! For so many years of truthful reporting!
Wishing you another 35 years of honest and inspiring
reporting! With love and gratitude.

Robbie A., Victoria, BC

Thank you for all your work and the huge contribution you
are making as we shift to a better world!

Anthea T., Vancouver, BC

Wishing we could do more. Please DO NOT give up.
Faithful reader since 1985, New Westminster, BC

Your magazine and its attention to social issues is greatly
appreciated by me.

Faye L., Vancouver, BC

Thank you so very much for all you do for us. My feet
were planted on the path of truth partly because of your
publication. Forever grateful – Thank you!

Cedona H., Sooke, BC

Wish I could do more! Thank you for all you do.

Dita V. N., Sechelt, BC

I hope that your request for support gets a well deserved response.
Sherry L., Vancouver, BC

Now more than ever independent media needs your support

Common Ground has served health, peace and justice since 1982. In 35 years, we have distributed millions of free copies. Now, we are asking you to help the magazine you love so we can continue to educate, empower and inspire more people. We face massive issues from climate change, pipelines, toxic fish farms, LNG, environmental destruction, GMOs, homelessness, corruption, cronyism, an undemocratic, colonial FTTP electoral system, lack of reconciliation, monopolies, corporate bullying, inequality, human rights

abuse, post-truth media, threats of war, big pharma... and that's just a starter list. We won't run out of material anytime soon. Common Ground has informed people for over three decades. And we need to do more to push back against the problems and develop solutions. But we need your help to accomplish the tasks before us. Your financial support will enable Common Ground to educate and inspire to make our city, province, country and world a safer, more intelligent place to live. Every dollar counts.

Please send your donation by mail to Common Ground, 3152 West 8th Ave, Vancouver, BC, V6K 2C3. Make cheques payable to Common Ground. Or send an E-transfer to Common Ground via: joseph@commonground.ca
Thank you for reading Common Ground and appreciating our purpose. We look forward to hearing from you.

*Joseph Roberts
Common Ground
Publisher & founder (est.1982)*



Our munching munchkins

Like a super-powered magnet, children are often drawn to sugary and non-nutritious foods. However, regular consumption of junk food can lead to health problems, such as chronic illness and poor performance at school and in sports. It can also lead to kids becoming overweight, fostering low self-esteem. Even when they are protected from junk foods as infants, watch a young tot's eyes light up with the first lick of something sweet.

Registered dietitian Claudia Lemay explored this phenomenon with her lively young daughter, Amelie. Every time they went grocery shopping, Claudia would discover candy bars, chips and lollipops in her cart that little Amelie had added with Houdini-like deftness. The result became a children's book, *Stargold the Food Fairy: The Plant-Based Edition*. This beautifully illustrated story takes readers on a journey towards healthy eating. It features young Lucie, who is swept into an adventure by Stargold, the food fairy. Together, they reach Growland where Lucie is amazed to find elves building magical houses that represent our human bodies. Each food group, and the nutrients it provides, furnish an essential building material. Only when the proper types of foods are eaten does the house, and thus the human body, grow healthy and strong. With the help of Stargold, Lucie learns to associate choosing nutritious foods with an energetic and healthy body.

Regular consumption of junk food can lead to health problems, such as chronic illness and poor performance at school.

Some people may be hesitant about an entirely plant-based diet for children, but based on a solid and vast foundation of scientific evidence, the Academy of Nutrition and Dietetics gives the following reassurance. "Appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer and obesity."

The metaphor that compares house construction to the building of a person's body helps kids visualize how food choices either positively or negatively impact growth and well-being. This book is a wonderful resource for parents, dietitians and educators. It is backed by science, yet fun and easy to understand. This book and Claudia's earlier edition, *Stargold the Food Fairy* (non-vegan) are available at amazon.ca and stargoldthefoodfairy.com. Claudia's writing has earned a Mom's Choice Award®. Part of the proceeds from the book sales will go to the Malala Fund, which helps promote the access of education to children worldwide. "Good foods build the brain; good books expand it." (malala.org)

EVENT December 10: Meet author Claudia Lemay (5-7pm) at Vegan Suppily, 250 E. Pender in Vancouver. Vesanto Melina will also be present to chat and answer questions. Lemay and Melina's books will be available for purchase. [▶](#)

Claudia Lemay is a Surrey-based dietitian, author and consultant. www.truehealthnutrition.ca **Vesanto Melina** is a Vancouver dietitian author and consultant. www.nutrispeak.com, www.becomingvegan.ca

TRAIN for a CAREER as a CERTIFIED NUTRITIONAL PRACTITIONER!



Earn a Diploma in Applied Holistic Nutrition

**Achieve the accreditation of
Certified Nutritional Practitioner (CNP)**

**Qualify for the
professional designation of
Registered Orthomolecular
Health Practitioner (ROHP)**

Full & Part-time Programs

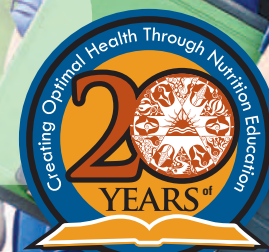
Professional Co-op Placement

Continuing Education

Student Clinic

Heather Allen, CNP, 2014 Graduate ▶

"The invaluable knowledge I gained at IHN gave me a true understanding of what it takes to create the beautiful portrait that is vibrant health."



Next Semester Begins January 2018



The Institute of Holistic Nutrition
THE INDUSTRY LEADER IN TRAINING
NUTRITION PROFESSIONALS

**604.558.4000
Vancouver Campus**

**604 West Broadway Suite 300
Vancouver, BC V5Z 1G1
(One block West of Cambie & Broadway)**

www.instituteofholisticnutrition.com



Mac McLaughlin

ZODIAC

StarWise

December 2017
January 2018

SATURN ENTERS its own sign, Capricorn, on December 19 for a two-and-a-half-year visit, after which it begins to travel through Aquarius (also ruled by Saturn) for another two and a half years. That's five years of some pretty strong Saturnian medicine. Generally, people don't really want to hear about Saturn; certainly, most of my clients groan when I bring him up. But he is part of the pantheon of zodiacal gods and must be adhered to. In Vedic astrology, the planets are called grahas, which means to grab or seize. When a planet contacts a planet in your chart, it grabs it and brings its effect to it, whether positive or negative.

I have done a study of Prime Minister Justin Trudeau's horoscope, along with charts for Canada and the US and Donald Trump's birth chart. Here's what I found. Saturn passes over Trudeau's Sun in January and proceeds to oppose Canada's Sun and Moon (February to June) and then backs up to practically sit on Trudeau's Sun, finishing in 2018 in opposition to Canada's Sun and Moon. Synthesized, it means our country and its leader are besieged with this very powerful Saturnian influence throughout 2018. Saturn passing over a person's Sun is no fun and generally brings up a time of limitation, frustration, delays, adversity, scarcity and myriad other concerns. To save a very long story, Saturn pays a long and strong visit to the US' chart and Trump's chart too, right up to at least 2020. Throw a couple of dramatic eclipses into the mix and we can surmise we have a potent cocktail of serious karmic conditions to work out over the next few years. If we thought 2017 was alarming and dismaying with Trump's antics, we haven't seen anything yet. Attacks and wars could break out and, at the least, he probably will be discredited, exposed and impeached. Nobody wants to lance the cyst on the child's arm, but once done, the toxins are released and the healing process begins.

Saturn's true message is that of healing, purity, honesty, sobriety, cleanliness, discipline, chastity and every other thing that will help us to bring our societies and countries into a workable and wholesome order. Saturn tightens the belt and brings scarcity and sacrifice, hard work, sometimes impoverishment and, at least, correction. If we're living a hog-in-trough mentality, we will have to correct it somehow. At the end of it all, we come out better for the process. In the meantime, I expect the next two years will be fraught with serious and heavy concerns, decisions and considerations. Let's get to work.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.



ARIES Mar 21 - Apr 19

You're the lead-off man or woman of the zodiac, bold, brave and true. Now it's up to you to show the way and break through to something new. "How," you might ask? By living honestly, honourably and leading through example. Come on valiant one; we need your direction and spirit now more than ever.



TAURUS Apr 20 - May 21

Aries initiates action, but it's the steady and stubborn Taurus that sustains and stabilizes the energy that Aries creates. Venus rules Taurus and matters such as ethics, morality, purity and beauty. Taurus cares for the land and her resources. We need your power and strength now more than ever.



GEMINI May 22 - Jun 20

You are the word merchant and negotiator par excellence and you certainly know how to cut a deal and get everyone on-side. The world needs your gift of seeing both sides of anything and everything. Do your thing and help humanity come to reasonable resolutions to our myriad, complex problems.



CANCER Jun 21 - Jul 22

Saturn, the task-master, will be moving through your opposite sign Capricorn for the next couple of years. He casts his glance your way and will manifest his energy in the form of all kinds of concerns and considerations. Career, health and relationship areas will get a workout. Wisdom and growth are the results.



LEO Jul 23 - Aug 22

Late January and February are telling times for your sign. Generally, it's not the best of times, but a time in which you can do some deep reflection regarding your life's values. Throw a couple of eclipses into the mix and they will bring further revelations and realizations your way.



VIRGO Aug 23 - Sep 22

Saturn passes through Capricorn over the next two years casting good energy your way. Virgo may secretly admire much of Saturn's disciplinary and corrective admonishments. You are more likely than not to get in line with his astringency plans. In many ways, Saturn and Virgo resonate some very similar ideals and morals.



LIBRA Sep 23 - Oct 22

Saturn visits Capricorn and strongly connects with your sign. Libra is all about the law. Saturn is the letter of the law: all laws, natural and man-made. He is exalted in Libra. Now, a time has arrived in which you can use your skills as a fair judge and arbitrator.



SCORPIO Oct 23 - Nov 21

Scorpio is another sign that cares deeply about Earth's environmental health. It seems the world has gone a bit mad and there are a vast number of problems that must be dealt with; you are made just right to handle it all. When others give up, you're just getting warmed up.



SAGITTARIUS Nov 22 - Dec 21

You have been gifted with long vision and high intuition and now it is high time to put these gifts into play. You've been corralled for the last couple of years and, no doubt, you are restless and ready for some new challenges and adventures. Saddle up and head out. You are needed.



CAPRICORN Dec 22 - Jan 19

Do or die! Well, not literally, but with what is to come in the next couple of years you may very well feel you are in a position that is seriously vital, personally and professionally. If it doesn't kill you, it will make you stronger. With cloven hoof, set forth up the mountain.



AQUARIUS Jan 20 - Feb 19

Eclipses at the end of January and mid-February will help you in finding your direction. In the heart of hearts, you are the true humanitarian that can love one and all. Your skills are sorely needed now and will be needed even more over the next five years.



PISCES Feb 20 - Mar 20

Jupiter and Neptune, co-rulers of Pisces will continue to cast their energies your way throughout most of 2018. This will provide you with the opportunity to truly find yourself and your position in our society. You have the gift of universal love, caring and compassion and now it is truly needed. Do what you love and love what you do.

BECOME A CERTIFIED LIFE COACH or EXECUTIVE COACH

Our 2 day intensive course will teach you everything you need to know to succeed. All Certified Coaches Federation™ graduates also receive admission (at no additional cost!) to our 1 year CCF Continuing Education Program!

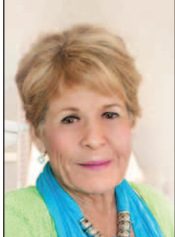
Only Certified Coaches Federation™ graduates earn the esteemed Certified Life Coach Practitioner™ designations!

REGISTER TODAY:

April 28-29, 2018 – Vancouver, B.C.
Century Plaza Hotel & Spa

866-455-2155 or 403-389-1190

www.certifiedcoachesfederation.com | abe@certifiedcoachesfederation.com



Be the change you want to see in the world

The title above is a quote that is often mis-attributed to Mahatma Gandhi. But it is only a paraphrased, shorthand version of his actual quote and, as such, it gets his message across. But there is much more to understand about this concept.

Here is his actual quote: "We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do."

If we choose to be the change we want to see in the world, what would that look like? It would mean that we focus on our own thoughts, beliefs and behaviours rather than on what others are doing. We would stop judging others and instead of complaining about others, we would practise self-reflection. We would realize the only thing in the world over which we have any control is ourselves.

The only thing in the world over which we have any control is ourselves.

Gandhi goes on to say that changing our nature is the source of our happiness. This is powerful because most have a codependent relationship with the events in their world. Codependency is a psychological term, which means excessive emotional or psychological reliance on a partner.


I have co-opted the term and used it to define the ego's dependency on things happening according to what it wants and being unhappy when it does not.

So, when everything works out the way we want it to, we are happy. If not, we may feel shortchanged by the world, victimized and even depressed. When our plan does not work, ego goes into a place of criticism, judgement and blaming others for our state of mind.

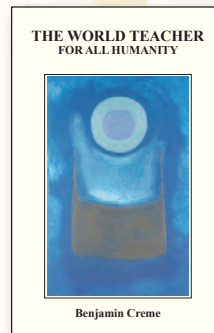
Ironically, it is a version of "what you see is what you get." If we view the world and our lives negatively, our experiences will be negative. If we focus on our own growth and development and become the opposite of all we dislike in the world, we produce our own happiness and equanimity. Equanimity is defined as "mental calmness, composure and evenness of temper, especially in difficult situations."

It is our own polarized thinking, judgement and reactivity that makes equanimity impossible. It is not others who stir our internal pot; rather, it is our ego reactions. Ego takes everything personally and sees things only from its own perspective.

We have political systems that are based on criticism. And more often than not, it is the individual who is criticized, not just their policy. Politics is the outside manifestation of ego qualities writ large. However, you can go into any office, classroom or neighbourhood and see the same thing. It is also present in personal relationships. Hence, the world is mirroring the ego dynamics of individuals.

If we, as individuals, change our inner dynamics, we may well see that same change manifesting in the world. That is what Gandhi was saying and this is the only way to create real change. 

Gwen Randall-Young is an author and psychotherapist in private practice. To read more articles or to order books, "Deep Powerful Change" hypnosis MP3s or MP3s for Creating Effective Relationships, visit www.gwen.ca or check out her Facebook inspirational page.



share-international.ca

THE WORLD TEACHER FOR ALL HUMANITY

This book details the return of Maitreya, the World Teacher, a great Spiritual Avatar, as well as a friend and brother of humanity, and the gradual emergence of His group, our "elder brothers," the Masters of Wisdom.

Maitreya's advice will bring humanity to a simple choice: either we continue in our present mode of life, and perish, or accept gladly His counsel to inaugurate a system of sharing, so ensuring justice, peace and the creation of a civilization based on the inner divinity of all.

"A Hero, a Titan is in our midst..."

The Dalai Lama Center for Peace + Education presents

HEART-MIND 2018

TICKETS ON SALE: REGISTER NOW!

Take Care of Yourself

The Science and Practice of Well-Being
February 23 - 24 | Langley, BC

EARLY BIRD PRICING UNTIL DEC 15



MARIA LEROSE



CHASTITY DAVIS



DAN SIEGEL



RICK HANSON



LINDA LANTIERI



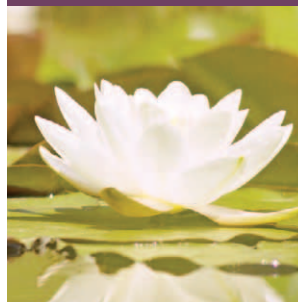
PATRICIA JENNINGS



KIMBERLY SCHONERT-REICHL

For more info or to register: www.dalailamacentre.org

Bring your Spiritual Group to Bethlehem this winter!



**2 NIGHTS
6 MEALS**
for only \$100
/person/night
for groups of
10 or more

Nestled in the forest on the foothills of Mount Benson on Westwood Lake, the Bethlehem Centre offers an all-inclusive, peaceful gathering place for your organization's visioning and team building process.

Available for bookings
December 2017- February 2018



**bethlehem
centre**

2371 Arbot Rd, Nanaimo BC
bethlehemcentre.com
Call 250-754-3254



Democratic change and climate change

In 1952, my grade 10 civics teacher asked us what we hoped to become as adults. One of the most popular boys answered, “I hope to go into politics.” We were delighted because we knew he wanted to make the world and Canada better and we admired him for it.

Things have changed in half a century. In 1992, my daughter Severn, then 12, created a minor sensation with a speech at the Rio de Janeiro Earth Summit, upbraiding delegates for not protecting the future for children. “You grown-ups say you love us, but please, make your actions reflect your words,” she said.

Back in Canada, CBC Radio host Vicki Gabereau interviewed her. “So, Severn, when are you running for politics?” she asked. My daughter’s answer stunned me: “Oh, is that an insult?” To her generation, running for office was not admired or inspiring. Her response made me realize I was constantly decrying politicians who made grand statements, but failed to follow through. To a child, my complaints indicated that politicians are hypocrites.

Democracy is far from perfect, but it’s better than the alternatives. We must strive to improve. Women were once thought to be incapable of making decisions and

were denied the vote. Asian-Canadians and African-Canadians, even those like my parents who were born and raised here, couldn’t vote until 1948. The original peoples of this land didn’t gain the franchise until 1960! Homosexuality was a crime in Canada until 1969. Change can happen in our political and judicial systems, but we have to work for it.


When far fewer than half of us fail to vote in federal, provincial and municipal elections, democracy flies out the window. It should be our civic duty to participate in the democratic process, as it is in Australia where people are required to vote.

I often wonder what’s gone wrong... Often it seems politicians prioritize corporate interests over those of the citizens who elected them. As prime minister, Stephen Harper avoided discussing climate change even though Canada is more vulnerable than most industrialized nations. He pulled us out of the Kyoto Protocol, arguing that reducing greenhouse gas emissions would “destroy the economy.”

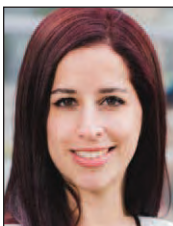
Many of us thought things would turn around after Justin Trudeau was elected. He put climate change back on Parliament’s agenda and we rejoiced at Canada’s strong

position in Paris shortly after. Two years later, we have to ask, “What happened?” To meet the Paris target, science shows we have to leave most known fossil fuel deposits in the ground. That means no more exploration for new sources, a halt to fossil fuel industry subsidies, no new pipelines and winding down fracking and deep-sea extraction.

We must also subsidize renewable energy expansion and seek methods to store energy, reforest large tracts of land and outlaw disposable products.

Each of us has a responsibility to change the way we live to minimize our carbon footprint, but we need the folks we elect to step up and restore our confidence. The window of opportunity to avoid climate chaos is narrow. We have to use our civic responsibility and tell elected representatives that Canada must honour its commitments. The Paris Agreement is one of the most important we’ve ever made. 

Excerpted from **Corporate influence inflames political cynicism**. David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Learn more at www.davidsuzuki.org



Independent Media Marie Aspiazu

MEDIA

Copyright in the new TPP A milestone or a PR move?

In early November, citizens watched in suspense as leaders from 11 of the original Trans-Pacific Partnership (TPP) signatories met in Vietnam at the Asia-Pacific Economic Cooperation (APEC) Summit. They were there to discuss the future of the controversial trade agreement without the US, which withdrew from the agreement back in January.

At first, reports indicated the Canadian Prime Minister didn’t show up, delaying the process. Moments later, it was confirmed the 11 nations had reached an “agreement in principle” on “core elements” of the TPP, now relabelled as the Comprehensive and Progressive Agreement for Trans-Pacific Partnership (CPTPP).

The news dismayed hundreds of thousands of Canadians who had spoken out against the politically toxic deal for years. This was a clear sign that, once again, the government had ignored the feedback of Canadians before making a major decision, merely using the consultation as a public relations strategy.


However, in a win for digital rights advocates, the Canadian government took a strong stance on the Intellectual Property (IP) chapter, despite strong pressure from other nations to rush the deal through. While it

significantly improved the TPP’s original unbalanced copyright rules by suspending the Intellectual Property provision almost in its entirety, the suspended chapters in the new agreement are still subject to discussion and could be reopened, should the US decide to rejoin the deal down the line.

Additionally, as Electronic Frontier Foundation points out, other problematic provisions for Internet users are still pulsating in the deal, like ISDS (Investor-State Dispute Settlement), a provision that allows multinational corporations to sue governments for millions of dollars for laws that simply don’t fit their business interests in unaccountable tribunals.

So it’s still too early for Internet users to throw confetti; the fight isn’t over yet. And despite a significant improvement to the original agreement, this whole process still happened behind closed doors. We cannot let this become the norm for how Canada negotiates future trade agreements and builds its relationships with other nations. If the government is truly committed to “progressive” trade, as they claim, they must embrace open, transparent and democratic processes throughout the entirety of the negotiations.

It will also be interesting to see if the Canadian government takes a similar approach in the renegotiated NAFTA. Hopefully, Canada will show leadership in achieving a balanced copyright approach in the face of extreme proposals by US industry lobbyists and even Canada’s own largest telecom, Bell. The company has proposed to introduce a website blocking system and radical new copyright rules that would criminalize everyday, online activities, resulting in an unprecedented, widespread chilling of free expression.

OpenMedia, Leadnow, Private Internet Access, United Steel Workers, CUPE and CWA Canada are teaming up to do a massive bus ad campaign in Ottawa to remind Prime Minister Trudeau we will not be silenced on the TPP. Citizens can contribute to the initiative at <https://act.openmedia.org/trudeauTPP/> donate and follow OpenMedia on Facebook and Twitter for the latest updates. 

Marie Aspiazu is a campaigner and social media specialist for OpenMedia, a community-based organization that works to keep the Internet open, affordable and surveillance-free. openmedia.org

common ground

We offer frequency bonuses
three sizes of listings
and a wide range of categories

To book your listing email
editor@commonground.ca

resource directory

the best place to be



- Art & Music • Business Services • Dentistry
- Education & Certification • Health & Healing • Intuitive Arts
- Nutrition • Psychology, Therapy & Counselling • Restaurants

ART & MUSIC



YES YOU CAN SING!
Lynn McGown
singing teacher /
vocal coaching

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided

to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca

BUSINESS SERVICES



AXLE ALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located near the VCC Skytrain Stn
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

• Keeping your old car a few more years could
save you thousands of dollars

Hours: Monday - Saturday
8 AM - 5 PM
2055 Clark Drive
Vancouver, BC

• Check out our website for 43 free
downloadable fuel saving tips.

Book an appointment online.
www.axlealley.ca
604-875-9988 604-255-TIRE
axlealley@hotmail.com



**Massage equipment
& supplies**
www.vivitherapy.com

GREAT DEALS ON MASSAGE TABLES
Celebrating ten years of operation, RMT owned ViVi Therapy manufactures massage therapy equipment and "massage at home" supplies.

Need an electric table that will stand the test of time? Get one off our shipping container before they're gone! Order a Luxe electric table

starting at \$1459 and for a limited time receive a FREE wooden shelf on wheels!

Our portable Eco lift and aluminum tables are discounted to \$199. Save an additional 10% on five or more, and save 20% for ten or more at \$159.20 each.

Pick up **online orders** at 1213 Frances St. **Vancouver** or have them shipped directly to you.

We have excellent quality and prices. Our staff has exceptional product knowledge and is here to help.

For exclusive customer deals, sign up for our newsletter at www.vivitherapy.com

For inquiries call 250-298-4484.



mimi lauzon
Conscious Dating Coach
& Matchmaker
cell 778.871.3175

Looking for lasting love? Finding your special someone can be frustrating and time-consuming, but with the right understanding, outlook and support, the process can be fun, enlightening and quick! A full-spectrum approach. Backed by years of experience as a Professional Coach and Matchmaker. Call today for a free 30-minute consultation.



Gentle Choices for Eco-friendly Families:
Cloth diapers, Baby Carriers, Baby Gifts, Cloth Diaper Trial Program, Gift Certificates, Workshops & much more. **Shop Online.**
NEW LOCATION: Country Club Centre, 9-3200 North Island Highway, Nanaimo
Cristi Lundman: 250-585-5552
www.huckleberrybabyshop.com

DENTISTRY

Everything is determined, the beginning as well as the end, by forces over which we have no control. It is determined for the insect as well as the star. Human beings, vegetables, or cosmic dust, we all dance to a mysterious tune, intoned in the distance by an invisible piper.

~ Albert Einstein



**BIO-HOLISTIC
DENTAL
EXCELLENCE**
Dr. Serge Agafontsev, D.M.D.
Full services including
cosmetic dentistry and
dental implants

Our goal for you is a healthy, beautiful, long lasting and self-maintainable dental condition. Call us today to book a free consultation. For a limited time we are offering a special rate to new patients. Call for details.
66 Keefer Place, Vancouver
604-708-6042 | info@doctorserge.com
www.doctorserge.com

EDUCATION & CERTIFICATION



Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only \$5,500US. Part-time (12 month) and Full-time (7 month)

programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm

ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemauui.com



**PACIFIC
Institute of
REFLEXOLOGY**

Most courses tax deductible

Reflexology Training Courses

Reflexology is taught as an intuitive healing art for professional practice, or, for use with friends and family. Courses provide structure that allows you to develop your own intuitive sense in your reflexology practice. We have a holistic orientation.

Holistic Reflexology: An Introduction -

Informational evening talks: **\$10. See Datebook.**

Basic Foot, Hand or Ear Reflexology Certificate Weekend Courses - Twenty hours expert instruction, plus 40 hours practicum and 10 hours home study prepare you to practice reflexology competently. **\$375.**

Advanced Reflexology Certificate Courses - Expand your knowledge and develop your

effectiveness to a professional level. **\$375.**

Courses offered year round. *See Datebook.*

Courses accredited RABC, and RAC.

Pacific Institute of Reflexology

535 West 10th Ave. @ Cambie, Vancouver

604-875-8818 / Toll free: 1-800-688-9748

www.pacificreflexology.com

Email: chrisshirley@pacificreflexology.com



**Information
to change the world**

Free online library with 20,000+ articles, books and films about justice, freedom, and democracy. Focus on creating alternatives and working together for a better world. Plus social justice calendar, directory of groups and websites.

www.connexions.org

Flags are bits of colored cloth that governments use first to shrink-wrap people's brains and then as ceremonial shrouds to bury the dead.

- Arundhati Roy

HEALTH & HEALING



**PACIFIC
Institute of
REFLEXOLOGY**

Reflexology: The Core of Natural Healing

Reflexology is practiced as a potent, safe way to free you from stress and tension, and relieve your pain and discomfort. Stimulation of your foot, hand or ear reflexes will deeply relax you to revitalize your whole body, and thereby facilitate natural healing. Let us tailor-make your session to address your unique

health concerns and preferences.

Our holistic approach can assist you to address the source of your disease or discomfort, and/or, simply indulge in blissful relaxation. Our sessions enable you to embrace your natural health and vitality. Reflexology safely complements all other therapies.

One-hour private sessions: \$65, or 5/\$275.

Student Clinic: Tuesday evenings. Rejuvenate yourself, you deserve it!!! **1hr sessions only \$25.** **Books, charts and self-help tools available.** Enquire about franchise opportunities.

Pacific Institute of Reflexology

535 West 10th Ave. @ Cambie, Vancouver

604-875-8818 www.pacificreflexology.com

Email: chrisshirley@pacificreflexology.com



**Wellspring Vision
Improvement Program**

Making a positive difference

Dr. Weidong Yu

www.TCMRP.com

Wellspring Vision Improvement Program

(WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be

beneficial for patients with conditions such as:

- * **Retinitis Pigmentosa**
- * **Macular degeneration**
- * **Glaucoma**
- * **Eye Bleeding**
- * **Red eyes, Dry eyes**
- * **Eye fatigue**
- * **Far sightedness**
- * **Blurry Vision**

For appointment, please call 604-737-7876

Dr. Weidong Yu, Dr.TCM

Wellspring Clinic

916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward) Vancouver, BC



**THE HAPPY
COLON**

since 2000

Elena Lopez

I-ACT certified
colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).

By appointment only: **604-525-8400**

360 - 522 7th St., New Westminster, B.C.

INTUITIVE ARTS

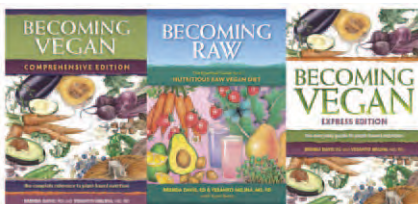
**DR. ANNE MCMURTRY
Channelled Readings, Reiki
& Crystal Healing**

ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. 604-734-8219 VANCOUVER

*One good thing about
music, when it hits you,
you feel no pain.*

- Bob Marley

NUTRITION



Lead author Academy of Nutrition and Dietetics current vegetarian position paper; and of award books on plant-based nutrition **Becoming Vegan: Comprehensive Edition** and **Becoming Vegan: Express Edition** both with Brenda Davis. Online & bookstores. www.becomingvegan.ca



Consultation with dietitian/author Vesanto Melina. (\$295 for 2-1/2 hours) includes personalized nutritional analysis; recipes; menu planning. For busy people; pregnancy; children, seniors.

vesanto.melina@gmail.com

778-379-5377 www.nutrispeak.com



Therapy of the Whole Person

John Arnold Ph.D.

Therapist /
Counselor since 1975

604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK, it is

because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and resolved.

If you are fed up and want to do something radical about your predicament, give me a call 604-261-2788 or visit my web page at www.johnarnoldphd-reichianandyogic-therapist.com/



ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington

M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!

Success Coaching

Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counseling practice. Lorraine gently guides people in the process of transformation, assisting

them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.

778-331-8860 transformance@mac.com
www.creativetransformations.ca



Louise Evans

B.A., M.ED., C.HT., R.C.C.

Hypnotherapy
& Counselling

DECEMBER / JANUARY SPECIAL

Two sessions for the price of one: past life regression and life between lives.

Clinical hypnosis – treatment that's affordable, fast and effective. Extended health coverage.

For issues addressed, see
Sparkhypnotherapy.com

Phone 604.773.5595 or 604.522.0257

Life Between Lives™

Past Lives &
Spiritual Regressions

Rifa Hodgson, CCHT

The first certified & practicing
LBL therapist in Canada

1-888-606-TIME (8463)



"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges." - from "Journey of Souls" by Dr. Michael Newton, LBL Founder.

Offices: West Vancouver and Gibsons
rifa@lifebetweenlives.ca
www.lifebetweenlives.ca

RESTAURANTS VEGETARIAN

It seems to me a fundamental dishonesty, and a fundamental treachery to intellectual integrity to hold a belief because you think it's useful and not because you think it's true.

– Bertrand Russell



"Great Food, Anytime!"
Open
24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. 604-738-7151.

RESTAURANTS

EAST IS EAST
EXPERIENCE THE EAST
WITH YOUR TASTE BUDS

604-734-5881

Now at our new location
to 3035 West Broadway (Formerly Calhoun's)

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - Owen Williams, *Common Ground*

Visit our other location

4433 Main Street @ 28th 604-879-2020



Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver 604.872.8779 www.nirvanarestaurant.ca



Buy this important gift of peace

"An excellent antiwar book, useful to anyone seeking to understand or abolish war anywhere on earth, of particular value to Canadians and residents of other NATO countries, as Trumpolini demands of them increased investment in the machinery of death."

– David Swanson, founder, Worldbeyondwar.org

"Canadians have for too long been asked to fight other people's wars. Geimer bringing to the surface the propaganda that drags us into conflicts against our own interests."

– Elizabeth May, MP, Green Party leader

To order book or arrange speaking event contact:

250-642-0185 • tarheel@shaw.ca • Canadaoutofwar@gmail.com

...Site C from pg. 10

But let's play this out, for the sake of argument. Say in 20 years we do need more electricity. We sure as heck wouldn't be building Site C to supply it. At the rate renewables of all stripes are dropping in cost, we'd avail ourselves of the latest, best technology, which wouldn't be a 70-year-old idea for a mega-dam. No less than the head of the Site C Joint Review Panel, Harry Swain, the BCUC itself, and other eminent energy experts not tied to Site C, Hydro or the government, have come to the same conclusion. We won't need the power for a very long time and if and when we do, Site C will not be the best option, either environmentally or in terms of cost.

One final point that connects to the cost issue: since we don't need this power, it will have to go into our grid and across our borders to customers in Washington State and Alberta. In real terms, it will cost over \$110/megawatt hour (MWh) to produce, yet the going rate to sell this power has been hovering around \$35/MWh for years. You do the math. Every megawatt produced carries a loss to the ratepayer.

But the jaaaawwwbs!!!

A few quick notes:

1. BC's big unions aren't getting these jobs; a different, quasi-union called the Christian Labour Association of Canada already has the lion's share of this gig. It is also noteworthy that one of BC's biggest unions, the BCGEU, has come out against the project so there is a divide within labour on the issue.

2. We keep hearing 2,000 jobs – balderdash. With a series of layoffs and a



Site C Dam construction site with tension cracks highlighted (PVEA)

significant decline in vehicles and visible work on the property – much of that related to these tension crack issues – local sources suggest the real number of workers is far lower than Hydro and the

government claim, pegging the number at 500 or less. These jobs are *temporary* and have come under criticism for allegedly unsafe conditions.

3. If we're prepared to spend large quantities of tax dollars and hydro fees simply for a make-work project, there are far better ways to employ far more British Columbians for far less money, as a new analysis from UBC's Program on Water Governance underscores.

This jobs argument is the weakest link of the pro-Site C camp and the NDP should treat it as such.

NDP deciding its own future

If Site C proceeds, this could be the one and only time John Horgan and his NDP cabinet are sworn in by the Lieutenant Governor (Photo: Province of BC / Flickr)

The costs to ratepayers and taxpayers, along with all the other impacts on farmland, First Nations and the environment, are impacts Site C would have on

British Columbians, fauna and flora. But the NDP would be wise to consider the impacts the project would have on *them*, politically. Had the BCUC come out with rosy outlook for the project, that would perhaps have given them some cover to continue forward. It didn't. Now, the ball is in the current government's court and it is not only deciding the future of Site C, but its own future.

Many in the environmental community appreciate the moves the NDP has made thus far: (partially) banning the grizzly hunt, (sort of) taking a stand against Kinder Morgan, reviewing professional reliance, reviewing Site C. Yet I have spoken with many colleagues and seen scores of comments on social media to the effect that if the NDP proceeds with Site C, they will abandon the party.

On the flip side, if the NDP kills Site C, will it lose labour votes? Will union lobbyists Bill Tieleman or Jim Quail turn their backs on the party? Hardly. It's unclear what the Greens will do in the short term, but this delicate, temporary arrangement will be severely strained and, in the long run, Site C will further drive a wedge through the Left, causing the NDP to lose votes in the next election. This will all be compounded by the fiscal woes that will accompany this inevitable boondoggle. Just look to Ontario and Newfoundland to see the political fallout from poorly made decisions on large-scale energy projects.

Green MLA Sonia Furstenu said it best in the legislature [in late November]: "Up until now, this has been a BC Liberal boondoggle. The cost overruns, the ballooning debt, the questionable need for such a costly project: this is the Liberals' mistake alone. But if the government decides to continue with Site C, they will become responsible for the impacts. It will be on the shoulders of this government."

Indeed, if this government chooses to flood the Peace Valley (again), we may look back in years, drowning in unbearable power bills and debt, and realize that 2017 was the NDP's high watermark. Then came the flood. ☐

Posted November 29, 2017 by Damien Gillis in **Economics**. Damien Gillis is a Vancouver-based documentary filmmaker with a focus on environmental and social justice issues, especially relating to water, energy and saving Canada's wild salmon. He is co-founder of the online publication the **Common Sense Canadian**.

NON-TOXIC DRYCLEANING



Water-based cleaning
No perchloroethylene

4050 Cambie St @ 25th
www.helpinghandcleaners.com

for cleaning pickup call:

604-876-5399

steps away from
King Edward Skytrain Stn!

EAST IS EAST

3035 WEST BROADWAY
IN KITSILANO



LIVE MUSIC

WWW.EASTISEAST.CA

Grow an unshakable core of calm, strength & happiness

An interview with Rick Stanton Hanson

by Fiona Douglas-Crampton

The holiday season often brings additional stress. The days are getting shorter and colder and we have to cope with multiple demands to make our loved ones happy: Christmas shopping, parties, cooking, cleaning and more. Add a growing sense of helplessness in the face of climate change and negative world news and it can seem an impossible task to maintain a sense of personal happiness, well-being and calmness. Negativity and stress take over.

Psychologist and *New York Times* bestselling author Rick Hanson became aware of unhappiness in his family and in the world at a young age. Now a Senior Fellow of the Greater Good Science Center at UC, Hanson turned to psychology and brain science for answers and realized that if you can change your brain, you can change your life. In his new book, *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness* (co-authored with Forrest Hanson, release March 2018), the author



Rick Stanton Hanson

of *Hardwiring Happiness* and *Buddha's Brain* draws on 40 years of experience of working with people to offer practical ways to grow the 12 essential strengths of resilient well-being.

Hanson shares insights into what people can do now to build lasting well-being in their daily lives and replace a sense of deficit and disturbance with fullness and balance.

Fiona Douglas-Crampton: What inspired you to focus your work on happiness and neuroplasticity?

Rick Stanton Hanson: I had a sense as a young child that there was a lot of unnecessary unhappiness in my school, my family and out in the world. But I didn't know what to do about it. Then as I got older and learned about psychology, brain science and contemplative wisdom, I became excited about the practical tools they offered for using the mind alone to

change the brain for the better.

The brain is the final common pathway of all the causes streaming through us to make us happy or sad, loving or hateful, effective or helpless, so if you can change your brain, you can change your life. I have personally gained from these methods – my wife of 35 years says I have become nicer, which could be the toughest test! – and have seen many others get many benefits as well.

FD-C: What are the specific challenges we face today in a world that require us to build a core of inner strength?

RH: There are big problems in the world, plus ordinary life is full of stressors, losses, conflicts and illnesses. To deal with adversity and pursue opportunities in the face of challenges, we need to be resilient, able to endure, bounce back and keep on going.

Methods in self-help, positive psychology, transformation, new age, human potential and spiritual practice are often framed as a kind of magic carpet ride: just do X (e.g., be grateful, compassionate, meditative) and you'll be whisked to happiness. But it's just not true.

Any kind of lasting well-being requires coping with the hard things in life. Want *continued p.23...*

The Art of Chanting



3pm Friday
January 26
to 1pm Sunday
January 28, 2018

\$495 includes meals
& accomodations

\$375 includes meals,
no accomodations

Enjoy a weekend workshop at
Bethlehem Center in Nanaimo BC
hosted by Trio Say So, with Laura
Duhan Kaplan and others. The
weekend includes chanting based
upon Jewish, Christian, Muslim and
other traditional chanting practices.



bethlehem
centre

2371 Arbot Rd, Nanaimo BC
bethlehemcentre.com
Call 250-754-3254



Bio-Holistic Dental Excellence



Dr. Serge Agafontsev, D.M.D.

Full dental services including
cosmetic dentistry and dental implants

Our goal for you is a healthy, beautiful, long lasting and self-maintainable dental condition. Call us today to book a free consultation.

For a limited time we are offering a special rate to new patients. Call for details.

66 Keefer Place | Vancouver | 604-708-6042 | info@doctorserge.com

www.doctorserge.com

Real Raw Food

Distributor of Organically Grown Truly Raw Foods

WHOLESALE TO EVERYONE

Truly raw-nuts, seeds, dried fruit, cacao, herbs,
seaweeds, coconut, candida killer that works,
fermented rolled oats, colloidal silver & more.

www.realrawfood.com

Call 250-496-5215 • Naramata, BC

Events

For rates & placements email
editor@commonground.ca

JAN 12-14

Basic Holistic Foot Reflexology Certificate
 Weekend Course. 70-hour certificate course.
 \$375+ GST. Pacific Institute of Reflexology
 (604) 875-8818, www.pacificreflexology.com

JAN 23-24

Lauren Rainbow: Messages From Spirit. Hosted
 by Banyen books. 604-737-8858.
Tickets/info.banyen.com

JAN 26-28

Advanced Reflexology Clinical Skills Certificate
 Weekend Course: 60-hour certificate course.
 Prerequisite: Basic Reflexology Course.
 \$375 + GST. Pacific Institute of Reflexology
 (604) 875-8818, www.pacificreflexology.com

JAN 26-28

The Art of Chanting: Weekend workshop at
 Bethlehem Centre in Nanaimo. Hosted by Trio Say
 So, with Laura Duhan Kaplan & others. Includes
 chanting based upon Jewish, Christian, Muslim &
 other traditional chanting practices. Starts Fri Jan
 26, 3PM. Runs to Sun Jan 28, 1 PM. \$495 includes
 meals/accommodations. \$375 includes meals, no
 accommodations. www.bethlehemcentre.com

JAN 27-28

Victoria Health Show: Bio-Hack Your Health. Kick
 Start the New Year! Brain Gut Connection, Building
 Super Kids, Pain Management, Movement, Fitness,
 Meditation/Yoga, Healthy Aging, Healthy Life/
 Home/Pets. Seminars, demonstrations, samples,
 discounts & lots of prizes. Pearkes Rec. Centre. Sat:
 10-6PM, Sun: 10-5PM. (Calgary Health Show: Feb
 3-4) www.thehealthshows.com, 1-888-999-1761

FEB 2-4

The Body Soul & Spirit Expo: Croation Centre,
 3250 Commercial Drive, Vancouver. Exhibits,
 lectures, Workshops, Concert & much more.
 With Lynn Andrews, Jeffrey Armstrong & Dr.
 Miceal Ledwith. Holistic Nutrition, Intuitive Arts,

Readings, Jin Shin Do, Coaching. Fri: 3-9PM, Sat:
 10-7PM, Sun: 11-6PM. Online discount \$15.
www.bodysoulspiritexpo.com. See website for
 Calgary, Regina & Saskatoon show dates.
 1-877-560-6830.

FEB 9

Elder Malidoma Some: Ancestral Wisdom.
 7-9PM. 604-737-8858. Tickets/info.banyen.com

FEB 17-18

26th Annual Wellness Show: Vancouver
 Convention Centre, 999 Canada Place, East
 Building, Hall B&C. Sat:10-7PM, Sun: 10-6PM. 250
 + exhibitors, 100 + speakers, cooking and fitness
 demonstrations. Featuring Chef Phil Scarfone,
 Lorna Vanderhaeghe & more. Online ticket sales
 end 10PM Friday, February 16. Tickets \$14.50.
 Seniors \$12.50. Children under 12 free. \$20/2-day
 pass. Tix: thewellnessshow.com/2018-tickets/

FEB 21

Clearmind presents "From Crisis to Celebration"
 7 Steps to a REAL Relationship. Plus Real
 Relationships, An Intimate Storytelling Circle.
 7-9PM, Columbia Theatre, 530 Columbia St., New
 Westminster. Bring display ad on this page for
 FREE ENTRY. \$20/door. clearmind.com

FEB 23-24

Heart-Mind 2018: Take Care of Yourself – The
 Science and Practice of Well-Being. Langley, BC.
 Presented by the Dalai Lama Centre for Peace &
 Education. Featuring Dan Siegel, Rick Hanson,
 Patricia Jennings, Chastity Davis, Linda Lantieri,
 Maria LeRose, Kimberly Schonert-Reichl.
Info/registration:www.dalailamacenter.org

MAR 30-APR 1

T&T Spiritual & Wellness Connection Presents: 7th
 Annual T&T Spring Wellness Fair. Demonstrations,
 seminars, mindful wellness, vendors, artwork,

holistic health, jewellery, food trucks. Fri: 4-9PM,
 Sat: 10-6PM, Sun: 10-5PM. Poirier Forum, 633
 Poirier St., Coquitlam. www.fair.tandtvancouver.com,
facebook.com/tandtconnections/ Email:
info@tandtvancouver.com, tandtvancouver.com

APR 28-29

Become a Certified Life Coach or Executive
 Coach: Century Plaza Hotel & Spa, Vancouver.
 This 2-day intensive will teach you everything you
 need to know to succeed. Only Certified Coaches
 Federation graduates earn the esteemed Certified
 Life Coach Practitioner designations.
 Register at 866-455-2155 or 403-389-1190 or
www.certifiedcoachesfederation.com

ONGOING

DEC 2017- FEB 2018

Bring Your Spiritual Group to Bethlehem This
 Winter! 2 nights, 6 meals for only \$100/person/
 per night for groups of 10 or more. Nestled in
 the forest on the foothills of Mount Benson on
 Westwood Lake, Nanaimo.
bethlehemcentre.com, 250-754-3254.

Great Shows for Holiday Gift Giving:

Jan 24: Adam Sandler, Orpheum. Apr 17: Brain Candy with
 Adam Savage & Michael Stevens, Queen Elizabeth
 Theatre. Apr 25: An Evening With 2 Cellos, The
 Score Tour, Rogers Arena. May 18: Deva Premal
 & Miten with Manose, Chan Centre. Aug 2: Steve
 Martin & Martin Short, Queen Elizabeth Theatre.
 Sept 22: An Evening With Ira Glass: Seven Things
 I've Learned, Queen Elizabeth Theatre. 50.40: A
 History Unplugged. Various cities & dates. See
paulmercsconcerts.com Tickets at ticketmaster.ca,
 1-855-985-5500, paulmercsconcerts.com

Two Past Life Regressions for the price of one
December-January Special. Treatment that's
 affordable, fast and effective. Clinical hypnosis.
 Extended health coverage. With Louise Evans,

sparkhypnotherapy.com
 604-773-5595 or 604-522-0257.

Two ONLINE programs starting Jan & Feb
 2018: "Four Gateways" and Women's Power
 Women's Wombs." \$618.30 each. Programs
 run from January-June 2018. See www.shamanicmedicine.ca Click on Shamanic
 Programs, then Click on Online.

TUESDAYS

Reflexology Student Clinic: Enjoy a 1-hour
 appointment with a well trained student for only
 \$25. Tuesday evenings only. Contact: (604) 875-
 8818 or chrisshirley@pacificreflexology.com

THURSDAYS

Women's Sufi Circle: A Contemporary Study
 of Ancient Wisdom. A time to connect with
 your heart, revive your spiritual being, discover
 hope and understand the purpose of your life.
 Thursdays 7-8:30PM. False Creek, Vancouver.
RSVP.nadia@pureintentions.net

THURSDAYS & FRIDAYS

Alchemy Sound Meditation for your body, mind,
 and brain. Experience new possibilities. Reduce
 stress and anxiety; enhance creativity and
 joy through live alchemy sound. 11-11:30AM,
 Gastown. \$20 www.sound7.ca/Eventbrite



Free your voice

singing lessons with Colleen Savage
 group / private / beginners / advanced

604-255-0776 www.colleensavage.com



SHAMANIC HEALING

WITH SHAMANIC PRACTITIONER

SONYA WEIR

(778) 227-2939
sonyaweir@uniserve.com
IN VANCOUVER www.eaglefreshamaniccoaching.com





COME CHECK OUT OUR NEW **GRAND BUFFET**

AT OUR NEW LOCATION with FREE PARKING

New
india

BUFFET BAR & RESTAURANT
 901 West Broadway
 604-874-5800
www.newindiabuffet.com



DREAM DESIGNS

Organic natural healthy sleep



Designed & made
 in Vancouver, BC
 since 1981

Linens | Mattresses | Beddings | Bath | Yoga | Baby

Thoughtfully designed and meticulously crafted
 from premium organic natural materials. Healthy,
 comfortable, ecological, and long lasting.

Manufacturing . Wholesale . Retail
 2749 Main St. 604.254.5012 dreamdesigns.ca



common ground

Celebrating 36 Years

BRAIN HEALTH

DEATH IS INEVITABLE. A BAD DEATH ISN'T!
 Extend your health span by eliminating the two
 root causes of unnecessary suffering.
 Colin Hillstrom, BA, 604-780-0686.

HEALTH

THE BEST ACUPUNCTURE & CUPPING: ICBC
 claim. Remove any pain. In New Westminster.
 778-681-3574, www.vkimacupuncture.com

KITSILANO COMMUNITY ACUPUNCTURE

SLIDING SCALE \$20-\$40. You pay what you can
 afford. 2948 W. Broadway, Vancouver. 604-428-1260,
www.kitscommunityacupuncture.ca

MAID IN VANCOUVER

RESIDENTIAL, COMMERCIAL, MOVE-IN
 & MOVE-OUT, buffing & waxing floors and
 construction clean up. Rhonda Mohninger,
www.maidinvancouver.com 604-396-3686.

MULTIMEDIA DESIGN & PRODUCTION

FULL SERVICES: graphic design, websites, motion
 graphics, video production, script development.

Specializing in education, sustainability, music.
www.perubluesky.ca

ROOMS FOR RENT

BEAUTIFUL SEMINAR/MEETING ROOM in
 natural healing centre near Broadway/Cambie
 intersection for rent evenings, weekends and
 weekdays. Very reasonable rent. Pacific Institute
 of Reflexology. www.pacificreflexology.com
 (604) 875-8818.

SUITE OF TWO HEALING/CONSULTING ROOMS
 available part-time or full-time in well established
 (30 years) natural healing centre in central location
 near City Hall/Canada Line Stn. Very reasonable
 rates. Visit www.pacificreflexology.com or call
 604-875-8818.

SHAMANIC HEALING

SHAMANIC HEALING AND COACHING:
 Relationships, work, emotional balance, finding
 meaning and purpose, rediscovering joy. One-
 on-one/groups – Drum journeys, Book of Life
 readings, chakra balancing, karma releasing.
 See testimonials on website.
sonyaweir@uniserve.com 778-227-2939.
www.eaglefireshamaniccoaching.com

...*Unshakable* from pg. 21

to be happy? Be resilient.

Resilience is usually presented as
 something we need for trauma, com-
 bat, etc. True enough, but that is an
 inaccurate and overly narrow view.
 Resilience is for every day of your
 life, not just for surviving the worst
 day of your life.

FD-C: How do we get started?

RH: Resilience comes from having
 inner strengths such as grit, motiva-
 tion and love. These are the resources
 we draw on to deal with hassles and
 setbacks, manage frustration and dis-
 appointment, ride waves of pain and
 face inevitable aging and death.

Resilience is not static. Actually,
 it is something you can develop over
 time. Most research and interventions
 related to resilience focus on just
 identifying and using inner strengths.
 This is good, but it misses the key
 question: where do these inner
 resources come from and how can we
 get more of them?

This is where the neuropsychology
 of learning comes in. To grow more
 empathy, mindfulness, self-worth or
 any other psychological resource,
 first you must have an experience
 of it or a related factor. Second, that
 passing experience must be installed
 as a durable change in neural struc-
 ture or function.

Experiencing alone does not equal
 learning. Think about all the times
 we experience something useful – a
 moment of satisfaction at finishing a
 task, an insight into how to be more
 skillful in a relationship – and we
 zip along to the next experience so
 that first experience is wasted on the
 brain. Besides the impact on every-
 day life, this is the weakness of much
 psychotherapy, coaching, human
 resources programs and spiritual
 training.

This general problem is worsened
 by the brain's evolved "negativ-
 ity bias," which makes it like Velcro
 for bad experiences but Teflon for
 good ones. We overlearn from stress,
 worry, irritation, sadness and hurt,
 while underlearning from moments
 of confidence, determination, calm-
 ing, kindness and realization.


Here are two practical suggestions
 a person can use every day:

1) Half a dozen times a day, focus
 on and stay with a useful, usually
 enjoyable, experience for a breath
 or longer. Feel it in your body and
 notice what feels good or meaningful
 about it. This will help the experience
 be more consolidated and installed in
 long-term memory systems. In effect,
 you can make it "stick to your (men-
 tal) ribs."

2) Pick an inner strength that
 would really help to have more of.
 Perhaps greater calm, gladness or the
 sense that your own needs matter,
 too. Then look for opportunities to
 experience this strength each day and
 take these experiences into yourself.

You'll notice that most experienc-
 es of inner resources are enjoyable
 – an aspect of well-being. Resilience
 promotes well-being and as you take
 in experiences of well-being – includ-
 ing experiences of inner resources
 – that will make you more resilient.
 Resilience fosters well-being and
 well-being fosters resilience, in a
 wonderful upward spiral!

FD-C: What are some things you
 do to take care of yourself?

RH: Firstly, I try to frame taking
 care of myself in a larger context of
 service to others. Second, I try to take
 care of myself by having many little
 moments in the day in which I take
 in whatever might be calming, sooth-
 ing, wholesome, beautiful, loving or
 happy. 

Fiona Douglas-Crampton is the presi-
 dent and CEO of the Dalai Lama Center
 for Peace and Education, a charitable
 organization focused on "Heart-Mind
 Well-Being." dalailamacenter.org

EVENT February 23-24: Rick Hanson,
 Ph.D will be speaking on resilient well-
 being at the next Heart-Mind Confer-
 ence hosted by the Dalai Lama Center
 for Peace and Education in Langley. For
 information and to register for Heart-
 Mind 2018: Take Care of Yourself – the
 Science and Practice of Well-Being, visit
www.dalailamacenter.org/conference/heart-mind-2018-take-care-yourself


BANYEN
 books & sound



LAUREN RAINBOW
MESSAGES FROM SPIRIT
 TUES-WED, JAN 23 & 24
 tickets & info at banyen.com



ELDER MALIDOMA SOMÉ
ANCESTRAL WISDOM
 FRIDAY, FEB 9 | 7-9PM
 tickets & info at banyen.com

banyen.com 604-737-8858

Bring this ad
 for **FREE** entry!



**From Crisis
 to Celebration**

7 Steps to a REAL Relationship
 with **Catherine & Duane OKane**

PLUS:
Real Relationships
 An Intimate Storytelling Circle

Wed. Feb 21, 7-9 pm
Columbia Theatre
530 Columbia St.
New Westminster

Clearmind.com



GREAT SHOWS FOR HOLIDAY GIFT GIVING!



Adam Sandler
Live

Plus Surprise Special Guests

JANUARY 24, 2018 ORPHEUM THEATRE
Tickets at ticketmaster.ca 1-855-985-5500

STEVE MARTIN *and* MARTIN SHORT



AN EVENING
YOU WILL
FORGET THE
REST OF YOUR LIFE
FEATURING
THE STEEP CANYON
RANGERS
AND
JEFF BABKO

AUGUST 2, 2018 QUEEN ELIZABETH THEATRE
Tickets at ticketmaster.ca 1-855-985-5500

54.40
A History Unplugged



VICTORIA	FEB 22	POWELL RIVER	MAR 16
NANAIMO	FEB 23	SECHLT	MAR 17
CAMPBELL RIVER	FEB 24	SECHLT	MAR 18
COURTENAY	MAR 14	ABBOTSFORD	MAR 29

FOR TICKET INFO CHECK LOCAL THEATRE LISTINGS OR PAULMERCSCONCERTS.COM

BRAIN CANDY
LIVE!

WARNING: BRAIN CANDY IS HIGHLY STIMULATING. ANY CONTACT WILL RESULT IN INCREASED AWARENESS, DECREASED BIAS, JOYFUL EXPERIMENTATION, OUTRIGHT INVENTION, AND FUN.



ADAM SAVAGE MICHAEL STEVENS

APRIL 17, 2018 QUEEN ELIZABETH THEATRE
Tickets at ticketmaster.ca 1-855-985-5500

AN EVENING WITH
2CELLOS
THE SCORE TOUR



APRIL 25, 2018 ROGERS ARENA THEATRE SEATING
Tickets at ticketmaster.ca 1-855-985-5500

DEVA PREMAL & MITEN
with MANOSE



THE SOUL OF MANTRA - LIVE!
FEATURING JOBY BAKER & RISHI

MAY 18, 2018 CHAN CENTRE
TICKETS AT CHANCENTRE.COM, 604-822-2697 OR THE TICKET OFFICE

CREATOR & HOST OF
THIS AMERICAN LIFE

IRA GLASS

PRESENTS

SEVEN THINGS
I'VE LEARNED:
AN EVENING WITH
IRA GLASS



SEPT 22, 2018 QUEEN ELIZABETH THEATRE
Tickets at ticketmaster.ca 1-855-985-5500